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## Mindfulness Clinical Practice Richard Sears

**an overview of mindfulness-based interventions and their ...** - mindfulness training ltd mindfulness-based interventions - outline and evidence 1 an overview of mindfulness-based interventions and **meditation practices for health: state of the research** - this report is based on research conducted by the university of alberta evidence-based practice center (epc) under contract to the agency for healthcare research and ... **do we need to challenge thoughts in cognitive behavior ...** - do we need to challenge thoughts in cognitive behavior therapy? richard j. longmore a,\*, michael worrell a,b a central and north west london mental health nhs trust ...

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